

Spinach

When most adults think about spinach, they picture cartoons of their youth. Those cartoons were designed to encourage children to eat greens. Characters often ate spinach without cooking it. Although it can be eaten raw, spinach causes the most stomach trouble of the common greens. When steamed, part of the difficult to digest aspect is broken down. Baked in a casserole, or even on a pizza, spinach is more fully cooked. Boiled spinach can be improved by adding bacon bits, ham, or even onions. Once on the plate, a little vinegar adds a tart flavor. Enjoy spinach in small, digestible amounts.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon bits
- Butter (lactose)
- Mushrooms
- Onions
- Pepper
- Spices
- Spinach
- Vinegar

Meatless Preparation Avoid:

- Bacon bits
- Butter
- Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Spoon
- Pan: 1 quart sauce pan

Ingredients:**Meat:****Optional:**

1/4 cup of bacon bits

Vegetables:

15 ounces of diced spinach

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Optional:

2 tablespoons of vinegar

Preparation time: 5 minutes

Preparation:

1. Wash and dice 15 ounces of spinach.
2. Add to 1 quart sauce pan:
 - 1 tablespoon of butter
 - Dash of salt
 - Spices, such as pepper, to taste
 - 15 ounces of diced spinach
 - Optional:**
 - 1/4 cup of bacon bits
3. Cook over medium heat.
4. Stir every 10 minutes, turn heat down 1/3 each time.
5. On the plate, add up to 2 tablespoons of vinegar.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 2 to 3

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Turnip Greens

Turnip greens are another favorite easy garden grown vegetable. Both the turnip under the ground, and the leaves on top are usable, and edible. Both can be washed, chopped, and added to a salad raw. Or, steam them before eating. Chopped and used in casserole dishes, turnips maintain a texture similar to potatoes. Boiled turnip greens go well with most meat dishes. To avoid digestion problems, be sure they are diced and fully cooked. Turnip greens freeze reasonably well. Slice or dice the turnips before freezing for best results later. Bacon bits and an oil and vinegar solution add flavor.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon bits
- Butter (lactose)
- Ham
- Mushrooms
- Onions
- Pepper
- Spices
- Turnips
- Turnip greens
- Vinegar

Meatless Preparation Avoid:

- Bacon bits
- Butter
- Ham
- Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders

Spoon

Pan: 1 quart sauce pan

Ingredients:

Meat:

Optional:

1/4 cup of bacon bits, or

1/4 cup of diced ham

Vegetables:

15 ounces of diced turnip greens

1/4 cup of diced turnips

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Optional:

2 tablespoons of vinegar

Preparation time: 5 minutes

Preparation:

1. Wash and dice:

1 turnip

15 ounces of turnip greens

Dice optional:

1/4 cup of bacon bits, or

1/4 cup of diced ham

2. Add to 1 quart sauce pan:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

15 ounces of diced turnip greens

1/4 cup of diced turnips

Optional:

1/4 cup of bacon bits, or

1/4 cup of diced ham

3. Cook over medium heat.

4. Stir every 10 minutes, turn heat down 1/3 each time.

5. On the plate, add up to 2 tablespoons of vinegar.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 2 to 3

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:**Microwave: Time and temp may vary.**

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Turnips

Turnips have a slightly strange spicy taste. A special texture and taste is added to meals that include turnips and turnip greens. They can be used in place of potatoes in casseroles, soups, or prepared as mashed turnips. Turnips can be fried with onions and potatoes. They can be sliced or diced with or without skins and frozen, as long as they are washed well. Turnips may be sliced and eaten raw. This is the most likely way to get an upset stomach. Once, turnips were commonly grown and eaten. They are easy to grow in a tiny garden plot or a large container.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Onions
- Pepper
- Spices
- Turnips

Meatless Preparation Avoid:

- Butter
- Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon
- Pan: 1 quart sauce pan

Ingredients:

Meat: None

Vegetables:

15 ounces of diced turnips

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 5 minutes

Preparation:

1. Wash and dice 15 ounces of turnips.
2. Add to 1 quart sauce pan:
 - 1 tablespoon of butter
 - Dash of salt
 - Spices, such as pepper, to taste
 - 15 ounces of diced turnips
3. Cook over medium heat.
4. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 2 to 3

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Onions

There are many kinds of onions. They can be eaten raw, steamed, baked, fried, or grilled. Small bulb onions may be eaten whole. Colors are primarily purple, white, or yellow. They have many health benefits, some of which are most beneficent when eaten raw.

In fact, one of the best ways to help your sinuses drain is to slice an onion. On those dry, backed up nose, winter days, keep an onion on hand to slice. If dexterity does not allow slicing onions, having some pre sliced and frozen is the next best thing. A quart bag of frozen sliced onions will keep a long time in the freezer, and it is easy to break apart the amount you need. If you heat raw onions in the microwave to soften them, only heat about 20 seconds at a time, or they may catch on fire.

Onions are generally included in dishes, or as a garnish. Sometimes, when I just don't feel like eating, fried onions and mushrooms will awaken my senses and make me hungry.

Note: Onions can be used in a variety of dishes. However, they can also be an allergen to people and pets. Interestingly, allergies to onions may be to only one type of onion, such as raw onions, or dried onions, though not both.

Note: Also, pets should never be fed onions, or dishes containing onions. They can be a toxin, especially to dogs. That doesn't mean you should panic if a 65 pound dog accidentally eats a piece smaller than your fingernail. Call a veterinarian if you think your dog or cat has ingested onions. Even onions in the yard can be a hazard. Though most animals leave them alone.

Onions and Mushrooms

Fried mushrooms and onions are a comfort food. Use just enough oil to cover the bottom of frying pan. Add a couple of dashes of salt and turn the heat on to medium. Allow the onions to cook until they boil. Turn down 1/3. Stir constantly to prevent sticking. As the onions become clearer, add the mushrooms. Fry until the mixture is caramelized. Mushrooms and onions can be eaten alone, on a plate of rice or noodles, or on top of a hamburger. If standing to stir isn't feasible, bake the onions and mushrooms in an oven safe pan.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Mushrooms
- Onions
- Pepper
- Spices
- Vegetable oil

Meatless Preparation Avoid:

Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon
- Pan: 8 inch frying pan

Ingredients:

Meat: None

Vegetables:

4 ounces of sliced mushrooms
1/2 cup of diced onions

Other ingredients:

1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste

Preparation time: 5 minutes

Preparation:

1. Wash and dice:
4 ounces of mushrooms
1/2 cup of onions
2. Add enough vegetable oil to cover the bottom to the 8 inch frying pan.
3. Turn on stove to medium heat.
4. When oil is warm, add 1/2 cup of diced onions.
5. Stir and watch until they begin to become clear.
6. Turn heat down 1/3.
7. Add 4 ounces of sliced mushrooms.
8. Cook over 1/3 less than medium heat.
9. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 2 to 3

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Potatoes

Potatoes can be grown in many varieties. There are red, purple, brown, and sweet potatoes. And hundreds more varieties grown in South America.

The most common backyard grown potatoes grow from the eye sprouts of the crop from the year before. It's easy to slice the eyes off, and plant them for a new bumper crop. Brown potatoes are used in school age food color experiments this way.

Sweet potatoes grow from plant starts that vine all across a garden plot. Allow the vines to grow up a set of supports, if needed. They can be trimmed and kept neatly in a four foot square area.

Potatoes can be eaten whole, with or without skins, baked, fried, grilled, or in a stir fry. Some people even eat potatoes raw, though that doesn't sound good.

Some people with food sensitivities will have a sensitivity to potatoes, as well. While they may be able to enjoy the occasional potato as part of a meal, they can no longer eat only a potato, or even a favorite potato soup.

Baked Potatoes

Baked potatoes are a restaurant and summer favorite. Some people like them plain or with butter while other people prefer them smothered in a combination of sour cream, cheese, bacon bits, and ham pieces. Baking whole potatoes in the oven usually takes about 1.5 hours. On the grill, they take far longer than the meat and may not fully cook. Microwaved potatoes often end up with a metallic taste. Unless they were previously cooked. Potatoes can be baked whole, sliced, or diced. Sliced or diced potatoes bake in about an hour, and may be covered with a layer of cheese.

Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Timer set for 1.5 hours later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon bits (gluten)
- Butter (lactose)
- Ham
- Mushrooms
- Onions
- Pepper
- Pork
- Potatoes
- Spices

Meatless Preparation Avoid:

- Bacon bits
- Butter
- Ham
- Pork
- Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon

Pan: 2.5 quart oven safe pan **

**** Wrapped in aluminum foil also works, though potatoes may leak butter.**

Ingredients:

Meat:

- 1 tablespoon of bacon bits, or
- 1 tablespoon of ham

Vegetables:

- 4 ounces of mushrooms
- Potatoes

Other ingredients:

- 1 tablespoon of butter
- Dash of salt
- Spices, such as pepper, to taste
- Optional:
 - Cheese
 - Cream cheese

Preparation time: 10 minutes

Preparation:

1. Slice a line the long way down the potato, then several shorter lines across the short way.
2. Add butter into the opening.
3. Place in 2.5 quart oven safe pan.
4. Top with:
 - 1 tablespoon of butter
 - Dash of salt
 - Spices, such as pepper, to taste
4. Place pan in oven.
5. When cooked add additional ingredients:
 - 1 tablespoon of bacon bits, or
 - 1 tablespoon of ham
 - 4 ounces of mushrooms
 - Optional:
 - Cheese
 - Cream cheese

Cook Temperature: 350 degrees

Cook Time: 1.5 hours

Smaller potatoes make bake quicker. Also, if potatoes are sliced, they may bake in 1 hour.

Servings: 1 potato per person

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:**Microwave: Time and temp may vary.**

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Baked Sweet Potatoes

Baked sweet potatoes are a delightful dessert. Sweet potatoes can be baked whole, or sliced, with lots of butter and brown sugar. Another option is to slice and bake them as chips. Sweet potato fingerlings can be washed and baked or grilled whole. Giant sweet potatoes are difficult to chop while raw. They do take a while to bake to fully done. Baking softens them so they are easier to slice and eat. Growing sweet potatoes is easy. Sweet potatoes continue to grow after a partial harvest, as long as part of the vine is still rooted to the ground.

Pre Cook Preparation:

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Brown sugar (diabetics)
- Spices
- Sweet potato

Meatless Preparation Avoid:

- Butter
- Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon
- Pan: 2 quart round oven safe pan.

Ingredients:

Meat: None

Vegetables:

- Sweet potato

Other ingredients:

2 tablespoons brown sugar
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Place sweet potato in 2 quart oven safe pan.
2. Slice one line long ways and a few short ways on the potato.
3. Add:
 - 2 tablespoons brown sugar
 - 1 tablespoon of butter
 - Dash of salt
 - Spices, such as pepper, to taste
4. Cover and place pan in oven.

Cook Temperature: 350 degrees

Cook Time: Varies based on size of potato. Fist sized potato about 1 hour.

Servings: 1 to 2

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Baked Sweet Potato Chips

Baked sweet potatoes chips are a tasty treat. Slicing them takes longer than baking them. Once sliced and baked, they can be easily frozen and broken apart for snacks at later times. Chips can be dehydrated and taken on trips. These chips are generally the sweet potato treat recommended for dogs. Please check with a veterinarian before feeding dogs special treats. For dogs, do not include sugar or butter. Only a dash of salt to help soften the sweet potato bonds and make the sweet potato more edible. It isn't necessary to take skins off, if they are well washed.

Pre Cook Preparation:

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Pepper
- Spices
- Sweet potato

Meatless Preparation Avoid:

- Butter
- Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon
- Pan: Stainless steel baking sheets

Ingredients:

Meat: None

Vegetables:

- Sweet potatoes

Other ingredients:

Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Carefully slice sweet potatoes as thinly as possible.
2. Arrange on baking sheet.
3. Add a dash of salt, or optionally other spices as desired.
4. Place baking sheet in oven.

Cook Temperature: 350 degrees

Cook Time: Varies based on chip thickness. Check after about 8 minutes.

Servings: 1 baking sheet is 2 to 3 servings

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 1.20 minutes.

Add your microwave time here: _____.

Stove Top: Not recommended

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 5 minutes.

Add your oven time here: _____.

Boiled Sweet Potatoes

Preparing sweet potatoes by boiling is quicker than baking them. However, they lose some of their flavor and texture. The amount of sugar necessary can be adjusted based on the amount of sweet potatoes used. Sugar substitutes are not recommended, as they do not mix well with sweet potatoes. Sweet potatoes are typically eaten at holiday meals. However, they're delicious any time of year and can be cooked from home grown sweet potatoes. Fingerling potatoes chop easier than full sized ones. Fresh potatoes take longer to boil than canned ones, so adjust cook time accordingly. Fresh from the garden snacks.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Brown sugar
- Butter (lactose)
- Pepper
- Spices
- Sweet potato

Meatless Preparation Avoid:

- Butter
- Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon.
- Pan: 2 quart sauce pan

Ingredients:

Meat: None

Vegetables:

15 ounces of sweet potatoes (diced or sliced)

Other ingredients:

1/2 cup of brown sugar

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash and slice or dice sweet potatoes.
* Fresh sweet potatoes will require an hour of cooking time.
2. Add to a 3 quart pan:
1/2 cup of brown sugar
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste
15 ounces of sweet potatoes (diced or sliced)
Enough water to cover sweet potatoes
3. Cook over medium heat.
4. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Boiled Potatoes

Boiled potatoes are a typical side dish for meats such as roast and steak. Sometimes, boiled potatoes are kept almost raw. Other times, they are almost soft enough to turn into mashed potatoes or potato soup. A potato soup recipe is included below. Fresh from the garden potatoes are sometimes boiled whole. This is especially true of red potatoes, which are rarely peeled or sliced. Sometimes, onions are added to boiled potatoes. One recipe calls for boiling potatoes in a frying pan with onions. Fry boiled potatoes with onions have an interesting taste and texture. Herbs add flavor, as well.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon bits
- Butter (lactose)
- Ham
- Onions
- Pepper
- Potato
- Spices

Meatless Preparation Avoid:

- Bacon bits
- Butter
- Ham
- Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon
- Pan: 2 quart sauce pan

Ingredients:**Meat:****Optional:**

1/4 cup bacon bits, or
1/4 cup diced ham

Vegetables:

15 ounces of sliced or diced potatoes

Other ingredients:

1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash and slice or dice potatoes.
 - * Fresh potatoes will require 45 minutes to 1 hour of cooking time.
 - Dice optional:
 - 1/4 cup bacon bits
 - 1/4 cup ham
2. Add to a 3 quart sauce pan:
 - 1 tablespoon of butter
 - 15 ounces of sliced or diced potatoes
 - Dash of salt
 - Spices, such as pepper, to taste
 - Enough water to cover sweet potatoes
 - Optional:
 - 1/4 cup bacon bits, or
 - 1/4 cup diced ham
3. Cook over medium heat.
4. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Grilled Potatoes

Our ancestors grilled potatoes by placing them in the ashes or coals that they kept alive all day. Today, that is generally not an option. Placed on the average grill, a full sized potato will not completely cook before the coals go cold, or the meat is done. Therefore, in order to grill potatoes, it is best to slice or dice them and add butter and salt. Grilled potatoes can come fresh from the garden, bagged from the grocery store, or even canned potatoes. The longer they cook, the softer they'll be. Sweet potato fingerlings may be grilled whole.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the grill
- B. Stay with meal

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon bits
- Butter (lactose)
- Ham
- Pepper
- Potato
- Spices

Meatless Preparation Avoid:

- Bacon bits
- Butter
- Ham

Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon

Pan:

- Grill safe aluminum pan, or
- ** Grill packet

**** To make the packet, tear off a large piece of foil, place the vegetable on one half, add a dash of salt and butter. Fold the foil in half. Crimp the side by folding them over two to three times. Do the same with the top. Add holes with a toothpick, or a fork to let heat in and liquid escape. Potato slices, onions, baked beans, corn, and squash can be cooked this way.**

Ingredients:

Meat:

Optional:

1/4 cup of bacon bits, or
1/4 cup of diced ham

Vegetables:

15 ounces of sliced potatoes

Other ingredients:

1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash, and slice or dice potatoes.
Dice optional:
1/4 cup bacon bits
1/4 cup ham
2. Add to a grill packet:
1 tablespoon of butter
15 ounces of sliced or diced potatoes
Dash of salt
Spices, such as pepper, to taste
Enough water to cover sweet potatoes.
Optional:
1/4 cup of bacon bits, or
1/4 cup of diced ham
3. Close packet and place on grill.

Cook Temperature: Grill

Cook Time: About 15 to 20 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 10 minutes.

Add your oven time here: _____.

Grilled Sweet Potatoes

Grilled sweet potatoes was kind of an accident. After digging up the sweet potatoes one fall, there were a lot of long, thin ones that would be difficult to slice. Since it was about time to prepare food for the grill, I decided to place them in a grill packet with butter and some brown sugar. They cooked to perfection. So soft and tender I could eat them without slicing. In fact, they were more like sweet potato fries. A second batch of accidental, grillable sweet potatoes, soon appeared, as a few vines had been forgotten with roots in the ground.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the grill
- B. Stay with meal

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Pepper
- Spices
- Sweet potato

Meatless Preparation Avoid:

- Butter.
- Substitute with: _____

Utensils:

Fork

Pot holders

Pan:

Grill safe aluminum pan, or

** Grill packet

** To make the packet, tear off a large piece of foil, place the vegetable on one half, and add a dash of salt and butter. Fold the foil in half. Crimp the side by folding them over two to three times. Do the same with the top. Add holes with a toothpick, or a fork, to let heat in and liquid escape. Potato slices, onions, baked beans, corn, and squash can be cooked this way.

Ingredients:

Meat: None

Vegetables:

15 ounces of sweet potatoes (sliced), or
Several fingerling sweet potatoes

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Optional:

1 tablespoon of brown sugar

Preparation time: 10 minutes

Preparation:

1. Wash and slice or dice sweet potatoes.
2. Add to grill safe aluminum pan, or * grill packet:
 - 1 tablespoon of butter
 - Dash of salt
 - Spices, such as pepper, to taste
 - 15 ounces of sweet potatoes (sliced), or
 - Several fingerling sweet potatoes
 - Optional:
 - 1 tablespoon of brown sugar
3. Close packet and place on grill.

Cook Temperature: Grill

Cook Time: About 15 to 20 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 10 minutes.

Add your oven time here: _____.

Mashed Potatoes

Mashed potatoes are a typical holiday favorite. Often, they are served with gravy, which can be a problem for the gluten free lifestyle. However, now there are many gravies that are created gluten free. There are also recipes for making gravy using cornstarch. Most of these recipes did not cost much more than the average gravy recipe, which can be a great help. Sometimes, in place of gravy, a gluten free mushroom soup can be used, and it is often healthier than some gravies. Potato mashers can be used. However, they can be very difficult to clean.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Sit on a stool while stirring

Visual Accommodations:

Potential Food Allergy or Intolerance:

Bacon bits
Butter (lactose)
Milk (lactose)
Pepper
Potato
Spices

Meatless Preparation Avoid:

Butter
Milk

Substitute with: _____

Utensils:

Chopping board
Fork
Knife
Spoon
Pan: 8 quart stockpot

Ingredients:

Meat: None

Vegetables:

5 large baking potatoes, sliced or diced

Other ingredients:

2 tablespoons of butter

Dash of salt

Spices, such as pepper, to taste

Optional:

1/4 cup of milk as desired (lactose free)

Almond, or

Soy

Preparation time: 10 minutes

Preparation:

1. Wash and slice or dice 5 baking potatoes.

No need to peel the skin off.

2. Add an 8 quart stockpot:

2 tablespoons of butter

5 large baking potatoes sliced or diced

Dash of salt

Spices, such as pepper, to taste

Enough water to cover potatoes and nearly fill the pan.

Optional:

1/4 cup of milk as desired (lactose free)

Almond, or

Soy

3. Heat to a boil over medium heat.

4. Stir every 10 minutes, turn heat down 1/3 each time.

5. When potatoes are soft, drain excess water and mash with a solid spoon.

6. Add additional butter, or lactose free milk, as desired.

Cook Temperature: Medium to low

Cook Time: 1 hour

Servings: 6 to 8

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).

2. Heat until food is fully hot and reaches a safe temperature.

3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Potato Soup

Potato soup is a winter time favorite and once a staple of people with few other resources. It can be plain and simple. Or add a variety of vegetables and meats to make a full meal. Gluten free mushroom soup will thicken it up to the correct consistency. For people with mushroom allergies, add a little cornstarch to thicken the soup instead. Boiled with ham or bacon bits, and a side of cornbread, this would be a delicious meal. Potatoes can be boiled with, or without, the skin on. Gluten free crackers can also be used in place of cornbread.

Pre Cook Preparation:

- A. Timer set for preparation time set for 15 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon bits
- Butter (lactose)
- Ham
- Milk (lactose)
- Mushrooms
- Mushroom soup (gluten)
- Pepper
- Potato
- Spices

Meatless Preparation Avoid:

- Bacon bits
- Butter
- Milk
- Ham
- Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders

Spoon

Pan: 8 quart stockpot

Ingredients:

Meat:

1/2 cup of bacon bits, or

1/2 cup of diced ham

Vegetables:

5 large baking potatoes (diced or sliced)

1/4 cup chopped celery

1/2 cup mushrooms

Optional:

6 ounces of sliced carrots

6 ounces of peas

Other ingredients:

1 tablespoon of butter

Mushroom soup (gluten free)

Dash of salt

Spices, such as pepper, to taste

Optional:

1/4 cup of milk, as desired (lactose free)

Almond, or

Soy

Preparation time: 10 minutes

Preparation:

1. Wash and slice or dice:

1/4 cup celery

1/2 cup mushrooms

5 baking potatoes

No need to peel the skin off

Optional:

6 ounces of sliced carrots

Dice:

1/2 cup of bacon bits or

1/2 cup of ham

2. Add to the 8 quart stockpot:

1/2 cup of bacon bits, or

1/2 cup of diced ham

1 tablespoon of butter

1/4 cup chopped celery

1/2 cup mushrooms

Mushroom soup (gluten free)

5 large baking potatoes (diced or sliced)

Dash of salt

Spices, such as pepper, to taste

Enough water to cover potatoes and nearly fill pan

Optional:

6 ounces of sliced carrots

1/4 cup of milk as desired (lactose free)

Almond, or

Soy

6 ounces of peas.

3. Heat to a boil.

4. Reduce to a simmer, stirring every 10 minutes until soft.

5. Add additional butter, or lactose free milk as desired.

Cook Temperature: Medium to low

Cook Time: 1 hour

Servings: 6 to 8

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).

2. Heat until food is fully hot and reaches a safe temperature.

3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.

2. Add enough water to almost cover food.

3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.

2. Add a little water.

3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Peas

Peas are such a delicious food that they should be easy to grow in the garden. However, for some reason, this is often not the case. They like cooler weather and sunny soil. We've tried planting peas many years. The first year we planted them, we ended up with one plant and three pea pods. The last time we planted them, we ended up with four plants, and almost enough peas for one serving.

They can sometimes be bought at farmers markets and shelled at home. This can be a fun way to spend a summer afternoon. It can teach young children eye and hand coordination while listening to stories. Arthritis can prevent adults from being able to shell peas.

Peas can be eaten by themselves, uncooked in a pea salad, boiled, in stir fries, soups, stews, and casseroles. One of the most versatile of vegetables, they add a light flavor, pretty color, and texture to all meals. As a comfort food, peas are sometimes eaten when nothing else will settle on the stomach.

Boiled Peas

Boiled peas are a comfort food and can be eaten anytime anywhere. Sometimes, peas are eaten raw. Generally, they are cooked until they are nice and soft, or mushy. They can be microwaved, though they generally don't get quite as done. Sometimes, it's good to mix peas with other vegetables, most commonly carrots, or add them to a casserole or soup. Peas go well with most meat and vegetable dishes. They can be difficult to eat for the visually impaired because they slip off of a fork too easily. Use a bowl and spoon.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Sit on a stool while stirring

Visual Accommodations:

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Pepper
- Spices

Meatless Preparation Avoid:

- Butter
- Substitute with: _____

Utensils:

- Fork
- Pot holders
- Spoon
- Pan: 2 quart sauce pan

Ingredients:

Meat: None

Vegetables:

- 15 ounces of peas

Other ingredients:

- 1 tablespoon of butter
- Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Add to a 2 quart sauce pan:
 - 1 tablespoon of butter
 - 15 ounces of peas
 - Dash of salt
 - Spices, such as pepper, to taste
 - Enough water to cover peas
2. Cook over medium heat.
3. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Boiled Peas and Carrots

Boiled peas and carrots combined their texture and flavors to make a delicious vegetable dish. Peas are soft, while the carrots tend to be firmer. By combining the two together, there is one less pan to wash. Cooked together, the carrots will not be sweetened. The combined flavor of peas and carrots improves the flavor of both. Any leftovers can be used in later casserole dishes or soups. In fact, this can be a great way to prepare for batches of leftover foods. After cooking, the peas and carrots can easily be frozen together to thaw when needed.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Sit on a stool while stirring

Visual Accommodations:

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Pepper
- Spices

Meatless Preparation Avoid:

- Butter
- Substitute with: _____

Utensils:

- Fork
- Pot holders
- Spoon.
- Pan: 3 quart sauce pan

Ingredients:

Meat: None

Vegetables:

- 15 ounces of carrots
- 15 ounces of peas

Other ingredients:

- 1 tablespoon of butter

Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Add to a 2 quart sauce pan:
 - 1 tablespoon of butter
 - 15 ounces of carrots
 - 15 ounces of peas
 - Dash of salt
 - Spices such as pepper to taste
 - Enough water to cover peas
2. Cook over medium heat.
3. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Ham and Peas

Baked ham and peas can be made with cheese, cracker crumbs, or a variety of vegetables and spices. This can be a simple dish, or as complex as desired. Gluten free pasta can be boiled ahead of time and added to make this a special casserole. Uncooked gluten free pasta does not bake well, so boil either to done, or almost done, before baking. A great leftovers dish that can be adjusted based on need and available ingredients. Without noodles, this dish is easily frozen in individual servings for chilly winter days. Perfect for days you just don't want to eat.

Pre Cook Preparation:

- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon bits
- Bread crumbs (gluten)
- Butter (lactose)
- Cheese (lactose)
- Crackers (gluten)
- Ham
- Mushrooms
- Noodles (gluten)
- Pepper
- Spices

Meatless Preparation Avoid:

- Bacon bits
- Butter
- Ham
- Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders

Spoon

Pan: 2.5 quart oblong oven safe baking pan with lid

Ingredients:**Meat:**

2 cups of diced ham

Vegetables:

4 ounces of mushrooms

15 ounces of peas

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Optional:

2 cups noodles (gluten free)

1/3 to 1/2 cup of shredded cheese

1/3 cup of cracker crumbs (gluten free), or

1/3 cup of bread crumbs (gluten free)

Preparation time: 10 minutes

Preparation:

1. Dice 2 cups of ham.

2. Pre Cook noodles.

3. Drain noodles.

4. Break or chop:

Optional:

1/3 to 1/2 cup of shredded cheese

1/3 cup of cracker crumbs (gluten free), or

1/3 cup of bread crumbs (gluten free)

5. Add to a 2.5 quart oven safe pan:

1 tablespoon of butter

2 cups of diced ham

4 ounces of mushrooms

15 ounces of peas

Dash of salt

Spices, such as pepper, to taste

6. Stir gently.

7. Sprinkle additional optional ingredients:

Optional:

2 cups noodles (gluten free)

1/3 to 1/2 cup of shredded cheese

1/3 cup of cracker crumbs (gluten free), or

1/3 cup of bread crumbs (gluten free)

8. Cover and place in oven.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 4 to 6

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

- 1. Place in a microwave safe dish (not plastic).**
- 2. Heat until food is fully hot and reaches a safe temperature.**
- 3. Minimum 2 minutes.**

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

- 1. Place food in frying pan.**
- 2. Add enough water to almost cover food.**
- 3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.**

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

- 1. Place in oven safe pan.**
- 2. Add a little water.**
- 3. Heat until thoroughly warm, about 20 minutes.**

Add your oven time here: _____.

Pea Salad

Pea salad is usually made with raw peas. Pea salad is slower to spoil than its cousin, the chicken salad. It makes a good summer picnic vegetable. However, due to the eggs and mayonnaise, avoid leaving in the sun, or outside of refrigeration for lengthy periods of time. This can be a quick way to use up mayonnaise and boiled eggs during a power outage. Some people like to add bread or cracker crumbs for texture. Be sure they are gluten free. In a mixed gluten/gluten free household, be aware of gluten crumbles in food jars, such as mayonnaise.

Pre Cook Preparation:

Marinate: No, though it is better after 12 hours of refrigeration

- A. Set timer to boil eggs for one hour before meal preparation
- B. Set timer to one hour while eggs boil
- C. Eggs need to cool before shelling
- D. Set timer for 10 to 15 minutes of preparation time

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Sit on a stool while stirring

Visual Accommodations:

Colored mixing bowls

Potential Food Allergy or Intolerance:

Crackers
Crumbs (gluten)
Eggs
Mayonnaise
Onion
Pepper
Relish
Spices

Meatless Preparation Avoid:

Eggs
Substitute with: _____

Utensils:

Chopping board
Mixing bowl
Paring knife
Wooden spoon
Pan: 2 to 3 quart sauce pan

Ingredients:

Meat:

4 boiled eggs

Vegetables:**Optional:**

1/4 cup chopped onion

15 ounces of peas

Other ingredients:

1/4 cup chopped celery

1/2 cup of mayonnaise (adjust as needed)

2 tablespoons of pickle relish (or diced pickles)

Dash of salt

Spices, such as pepper, to taste

(Commonly includes: garlic powder, lemon pepper)

Optional:

Cracker crumbs (gluten free)

Preparation time: 10 minutes

Preparation:

1. Boil at full boil for 10 minutes 4 eggs.

Takes about 45 minutes to an hour.

2. Chop and add to medium sized mixing bowl:

1/4 cup of celery

4 boiled eggs

1/2 cup of mayonnaise (adjust as needed)

1/4 cup of onions

2 tablespoons of pickles

Optional:

15 ounces of peas

Spices, such as pepper, to taste

Commonly: garlic powder, lemon pepper

3. Mix well with a wooden spoon.

4. Add more mayonnaise if needed.

5. If too moist, crumble, and add a few gluten free crackers until moisture level is correct.

Cook Temperature: None

Cook Time: None

Servings: 4

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes and place in the fridge

Fridge safe: 3 to 5 days * Per FDA Storage Chart link in Resources

Freezer safe: Don't freeze * Per FDA Storage Chart link in Resources

Reheat Instructions:

Allow to warm on plate for 3 to 5 minutes before eating.

Squash

There are many types of squash. Not all are good to eat. Most need to be baked or boiled to be edible. Some various types of edible squash include: acorn, banana, butternut, carnival, pumpkin, spaghetti, yellow, and zucchini.

Acorn, butternut, carnival, and spaghetti squash are available in stores. I have never tried to bake any of these, except for butternut. I didn't like the way it turned out and never tried it again. Other than yellow squash, and zucchini, many squashes have an extremely hard shell. This can make them difficult to slice and prepare for baking.

Yellow squash and zucchini are two of the most versatile of squashes. They can be baked, boiled, diced in casseroles, grilled, or even made into breads.

Zucchini and yellow squash are relatively easy to grow in a home garden. They do spread and vine out across the ground, with lots of flowers that attract birds, butterflies, and bees.

This cookbook will not cover zucchini bread. It can be challenging to make gluten free with limited vision and dexterity.

Note: There are zucchini bread recipes available on some gluten free flour mixes.

Baked Yellow Squash

Our ancestors likely once roasted whole or halved squash in the ashes of the cooking fire. Today, we slice and bake them without the fire. A potato peeler will remove the skin off if desired. They can be baked with the skin on, though some varieties do have a tougher skin. A little butter, and some gluten free bacon bits bring out the flavor and texture. As one of the first fruits of the garden, they are most delicious when first picked. There may be only moments between garden, a warm bath, and into the oven for a yellow squash.

Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon bits
- Butter (lactose)
- Pepper
- Squash
- Spices

Meatless Preparation Avoid:

- Bacon bits
- Butter

Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon.
- Pan: 1.5 quart round oven safe pan with lid

Ingredients:

Meat:

Optional:

Bacon bits

Vegetables:

1 squash

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash and slice 1 yellow squash.
2. Place in 1.5 quart oven safe pan:
 - 1 tablespoon of butter
 - Dash of salt
 - Spices, such as pepper, to taste
 - 1 sliced squash
 - Enough water to almost cover squash
3. Cover and place in oven.

Cook Temperature: 350 degrees

Cook Time: 45 minutes to 1 hour

Servings: 1 to 2. Varies based on size of squash.

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
Add your oven time here: _____.

Baked Zucchini

Zucchini is the green squash. Like yellow squash, it is not necessary to take the skin off to bake and eat it. Zucchini can be sliced and baked with yellow squash. Baking together brings out the flavors of both. Zucchini is often little firmer than yellow squash. This is why it is often fried in batter. While it is possible to make a gluten free batter, it is messy. Baked is simpler. It may be possible to bake it in the batter, and leave the mess behind. Dice the zucchini first. Grilling, alone or with yellow squash, is another alternative.

Pre Cook Preparation:

- B. Timer set to the time to begin preparation prior to cooking
- C. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon bits
- Butter (lactose)
- Pepper
- Squash
- Spices

Meatless Preparation Avoid:

- Bacon bits
- Butter
- Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon
- Pan: 2.5 quart oven safe pan with lid

Ingredients:

Meat:

Optional:

Bacon bits

Vegetables:

Zucchini

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash and slice 1 zucchini.
2. Place in 2.5 quart oven safe pan:
 1 tablespoon of butter
 Dash of salt
 Spices such as pepper to taste
 1 sliced zucchini
 Enough water to almost cover it
 Optional:
 Bacon bits
3. Cover and place in oven.

Cook Temperature: 350 degrees

Cook Time: 45 minutes to 1 hour

Servings: 1 to 2

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Boiled Yellow Squash

Boiled yellow squash can be made with fresh from the garden squash, or frozen squash. It can be simple with butter, or mixed with a combination of ham, bacon bits, and zucchini. In general, yellow squash does not need to have the skin peeled off in order to slice, or dice, and boil it. Be careful not to add too much water as boiled yellow squash will fall apart. Once frozen, the ice cubes add even more water to the pan. Boiled together with zucchini, there is a satisfying mix of flavors and textures. Wash well before slicing and cooking.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon bits
- Butter (lactose)
- Ham
- Pepper
- Squash
- Spices

Meatless Preparation Avoid:

- Bacon bits
- Butter
- Ham

Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon
- Pan: 2 quart sauce pan

Ingredients:

Meat:**Optional:**

- 1/4 cup of bacon bits, or
- 1/4 cup of diced ham

Vegetables:

- 15 ounces of yellow squash (diced or sliced)

Other ingredients:

- 1 tablespoon of butter
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash and slice or dice 1 fresh yellow squash.
2. Dice optional 1/4 cup of ham.
3. Add to a 2 quart sauce pan:
 - 1 tablespoon of butter
 - Dash of salt
 - Spices, such as pepper, to taste
 - 15 ounces of yellow squash (diced or sliced)
 - Enough water to cover broccoli
 - Optional:
 - 1/4 cup of bacon bits, or
 - 1/4 cup of diced ham
4. Cook over medium heat.
5. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Boiled Zucchini

Zucchini can be steamed or boiled. Steamed zucchini may need to be peeled because it does not cook the skin to an edible texture. Whether sliced, or diced, it is not necessary to cut off the skin, unless it has become too thick from growing too long. Large zucchini can be difficult to chop. Adding ham bits to zucchini increases flavor. Zucchini does not shrink up quite as far as yellow squash and therefore goes further. It is better with some meals than others, particularly steak or roast. Because the texture is different, some people prefer yellow squash over zucchini.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Pepper
- Squash
- Spices

Meatless Preparation Avoid:

- Butter
- Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon
- Pan: 2 quart sauce pan

Ingredients:

Meat: None

Vegetables:

15 ounces of zucchini (diced or sliced), thawed is better

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash and slice or dice a zucchini.
2. Add to a 2 quart sauce pan:
 - 1 tablespoon of butter
 - Dash of salt
 - Spices, such as pepper, to taste
 - Enough water to cover zucchini
 - 15 ounces of zucchini (diced or sliced)
3. Cook over medium heat.
4. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.

3. Heat until thoroughly warm, about 20 minutes.
Add your oven time here: _____.

Grilled Yellow Squash

Yellow squash is another from garden to grill in less than an hour treat. Yellow squash varieties vary in size, shape, and texture. Bumpy varieties are generally not the best for the grill. Smooth skinned squash, picked while still small, often cook the best on the grill. It is not necessary to remove the skin from garden fresh produce. Though, if store bought, removing the skin will help remove pesticides and chemicals from storage and transportation. Wash, dice, and prepare with a slightly salty butter mixture for excellent texture. Like other vegetables, they take longer to cook than meat on the grill.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the grill

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon bits
- Butter (lactose)
- Pepper
- Squash
- Spices

Meatless Preparation Avoid:

- Bacon bits
- Butter
- Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon
- Pan:

Grill safe aluminum pan, or

** Grill packet

** To make the packet, tear off a large piece of foil, place the vegetable on one half, and add a dash of salt and butter. Fold the foil in half.

Crimp the side by folding them over two to three times. Do the same with the top. Add holes with a toothpick, or a fork, to let heat in and liquid escape. Potato slices, onions, baked beans, corn, and squash can be cooked this way.

Ingredients:

Meat:

Optional:

1/4 cup of bacon bits

Vegetables:

15 ounces of yellow squash

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash and slice or dice 1 to 2 yellow squash.
2. Add to grill safe aluminum pan, or
* grill packet:
 - 1 tablespoon of butter
 - Dash of salt
 - Spices, such as pepper, to taste
 - 15 ounces of yellow squash
 - Optional:
 - 1/4 cup of bacon bits
3. Close packet and place on grill.

Cook Temperature: Grill

Cook Time: About 15 to 20 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).

2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 10 minutes.

Add your oven time here: _____.

Grilled Zucchini

Grilled zucchini is frequently paired with yellow squash. Zucchini grows larger than most yellow squash varieties. However, for the grill, small, barely developed zucchini is best. If zucchini grows larger than yellow squash, the skin may have to be sliced off. The interior is drier, and the seeds are larger. An alternative for grilling in butter is to use vegetable oil, or vinegar and vegetable oil mixture. No breading of any kind is recommended for grilling zucchini. There are gluten free breading mixtures available for other zucchini dishes. If desired, marinate zucchini for 10 to 15 minutes in vegetable oil.

Pre Cook Preparation:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon bits
- Butter (lactose)
- Pepper
- Squash
- Spices

Meatless Preparation Avoid:

- Bacon bits
- Butter
- Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon
- Pan:

- Grill safe aluminum pan, or

- ** Grill packet

** To make the packet, tear off a large piece of foil, place the vegetable on one half, and add a dash of salt and butter. Fold the foil in half. Crimp the side by folding them over two to three times. Do the same with the top. Add holes with a toothpick, or a fork to let heat in and liquid escape. Potato slices, onions, baked beans, corn, and squash can be cooked this way.

Ingredients:**Meat:****Optional:**

1/4 cup of bacon bits

Vegetables:

15 ounces of zucchini (diced)

Optional:

15 ounces of diced yellow squash

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash and slice or dice

1 to 2 zucchini squash

Optional:

1 to 2 yellow squash

2. Add to grill safe aluminum pan, or

* grill packet:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

15 ounces of zucchini (diced)

Optional:

1/4 cup of bacon bits

15 ounces of diced yellow squash

3. Close packet and place on grill.

Cook Temperature: Grill

Cook Time: About 15 to 20 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 10 minutes.

Add your oven time here: _____.

Squash and Green Bean Casserole

A fresh from the garden vegetable dish. Timing is essential. Know how long it takes to pick, wash, slice, and bake before you start the meal. If I pick the green beans and squash at 2 pm, this dish can be in the oven about 3 pm. There may be more green beans and squash left to wash and freeze while the food cooks. Dragon beans are a good substitute for green beans. Zucchini and yellow squash work well. Canned green beans work with frozen, sliced squash. It's not as good as fresh sliced green beans that were growing an hour before.

Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Pepper
- Squash
- Spices

Meatless Preparation Avoid:

- Butter
- Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon.
- Pan: 1.5 quart round oven safe pan with lid

Ingredients:

Meat: None

Vegetables:

- 2 cups sliced green beans

1 sliced yellow squash
1 sliced zucchini

Other ingredients:

1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste

Preparation time:

10 minutes
1 hour if picking directly from the garden

Preparation:

1. Wash and slice:
 - 2 cups sliced green beans
 - 1 sliced yellow squash
 - 1 sliced zucchini
2. Add to 1.5 quart, round oven safe pan:
 - 1 tablespoon of butter
 - 2 cups sliced green beans
 - Dash of salt
 - Spices such as pepper to taste
 - 1 sliced yellow squash
 - Enough water to cover vegetables
 - 1 sliced zucchini
3. Cover and place pan in oven.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 2 to 3

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
 2. Heat until food is fully hot and reaches a safe temperature.
 3. Minimum 2 minutes.
- Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.

2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
Add your oven time here: _____.

Squash and Meat Casserole

Squash and meat casserole is a mostly fresh from the garden meal in a pan. Use either yellow squash or zucchini. Multiple meats can be used, such as bacon bits, chopped pork, diced ham, scrambled beef, or diced chicken. This recipe will use diced ham, as it adds a specific flavor and texture to the dish. As in the squash and bean casserole, knowing the time it takes to pick, wash, slice, and prepare the food for baking is essential. The fresher the vegetables, the better. Sometimes, especially with ham or bacon, this dish tastes even better the day after.

Precook Preparation:

- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon bits
- Butter (lactose)
- Ham
- Mushrooms
- Mushroom soup (gluten)
- Pepper
- Squash
- Spices

Meatless Preparation Avoid:

- Bacon bits
- Butter
- Ham
- Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon
- Pan: 2.5 quart oven safe pan with lid

Ingredients:**Meat:**

1 cup of diced ham

Optional:

1/2 cup of bacon bits

Vegetables:

15 ounces of diced green beans

4 ounces of mushrooms

1 sliced yellow squash

1 sliced zucchini

Other ingredients:

1 tablespoon of butter

Mushroom soup (gluten free)

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:**1. Wash and slice:**

15 ounces of diced green beans

4 ounces of mushrooms

1 sliced yellow squash

1 sliced zucchini

2. Dice:

1 cup of ham

Optional:

1/2 cup of bacon bits.

3. Add to 2.5 quart oven safe pan:

1 tablespoon of butter

15 ounces of diced green beans

1 cup of diced ham

4 ounces of mushrooms

Mushroom soup (gluten free)

Dash of salt

Spices, such as pepper, to taste

1 sliced yellow squash

1 sliced zucchini

Optional:

1/2 cup of bacon bits

4. Mix well.**5. Cover and place in oven.**

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 4 to 6

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

- 1. Place in a microwave safe dish (not plastic).**
- 2. Heat until food is fully hot and reaches a safe temperature.**
- 3. Minimum 2 minutes.**

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

- 1. Place food in frying pan.**
- 2. Add enough water to almost cover food.**
- 3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.**

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

- 1. Place in oven safe pan.**
- 2. Add a little water.**
- 3. Heat until thoroughly warm, about 20 minutes.**

Add your oven time here: _____.

Vegetable Casserole

Vegetable casserole can be a simple dish for warm summer days when heavy food doesn't sound good. It can be made with a variety of vegetables and never end up the same twice. Gluten free drop biscuits can be added to make a vegetable pot pie. Simpler mixtures will yield a comforting, home cooked flavor and feel. More complex mixtures add a little spice to an evening, without the need for actual spices. This is a mostly vegetarian dish. It is okay to add meat leftovers such as ham, burger, turkey, or chicken. Or use this as a side dish.

Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Corn
- Mushrooms
- Pepper
- Potatoes
- Spices

Meatless Preparation Avoid:

- Butter
- Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon
- Pan: 2.5 quart oven safe pan with lid

Ingredients:

Meat: None

Vegetables:

- 15 ounces of carrots
- 15 ounces of corn
- 4 ounces of mushrooms
- 15 ounces of peas
- 12 ounces of potatoes (diced)

Other ingredients:

- 1 tablespoon of butter
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash and slice:
 - 15 ounces of carrots
 - 4 ounces of mushrooms
 - 12 ounces of potatoes
2. Add to a 2.5 quart oven safe pan:
 - 1 tablespoon of butter
 - 15 ounces of carrots
 - 15 ounces of corn
 - 4 ounces of mushrooms
 - 15 ounces of peas
 - 12 ounces of potatoes (diced)
 - Dash of salt
 - Spices, such as pepper, to taste
3. Cover and place pan in oven.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 4 to 6

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Appendixes:

Pet Safe Meals

Gluten Free Products

Grocery Stores with Gluten Free Lists

Find a Gluten Free Menu App

Gluten Free Restaurant Menus

Potential Allergens

Recipe Remedies

Resources

Pet Safe Meals

These meals do not advocate feeding table scraps to your pets. Many foods humans eat are toxic to animals. Especially chocolate. Please refer to the Dangerous Foods for Dogs or Pet Poison List in Resources before serving human food to a pet, as various ingredients, especially spices, are included in it. Also, be sure and speak with a qualified veterinarian before beginning a raw, or home cooked, food regimen for animals.

Beef and Rice
Chicken and Rice
Ham on Rice
Pork and Rice
Turkey and Rice

As a treat sauce to moisten food you can choose only one food per meal:

1/4 cup carrots
1/4 cup corn
1/4 cup green beans
1/4 cup meat juice (as long as there no onions or peppers)
1/4 cup sweet potatoes

Gluten Free Products

This section will name gluten free products that are used in above recipes. Other products exist that I don't list. If you find a product that doesn't taste right to you, it may mean you have a different reaction to a gluten free ingredient used. It does not mean the product is bad. There are a few brands I avoid due to this. It is perhaps the xanthan gum used in them.

Prepared cookies: Pamela's®, Ian's®, Knickknack®, Aldi Live G Free
 Cake mix: Betty Crocker® Kroger Simple Truth Organic, Aldi Live G Free
 Brownie mix: Betty Crocker®, Aldi Live G Free
 Cookie mix: Betty Crocker®, Pillsbury® (frozen)
 Pie dough: Pillsbury® (frozen)
 Pizza dough: Pillsbury® (frozen), Udi's®, Amy's®
 Breaded fish: Ian's®
 Breaded chicken: Ian's®
 Bread: Hodgson Mill®

Flours never tried though available: King Author, Pamela's®.

Chicken noodle soup: Gluten Free Cafe TM (cans)
 Split pea: Progresso® (several flavors are marked gluten free)
 Cream of mushroom soup: Progresso®
 Amy's® also has canned soup, as well as frozen meals.

Rice or corn noodles: DeBoyles®, Barilla®,
 Crackers: Gultino®
 Pretzels: Snyder's®

Ice cream: Soy Dream®, Rice Dream® (Check lid to verify gluten free)

Grocery Stores with Gluten Free Lists

This book will not link to specific grocery store lists, as they update and change links from time to time. It also will not include every single store.

In general, if want to find out about your local store's gluten free shopping list, you have two major options:

1. In your favorite search engine type: Store's Name, and then Gluten Free Menu (List or Guide also work).

2. Ask to speak to the manager at the service desk. They may or may not know if there is a printed list.

Below is a partial list of grocery stores that have an online shopping list. Most are downloadable as a PDF.

National Brands Gluten Free List (This was found on the Meijer site)

GFS® (preorder gluten free items for pickup)

Kmart® (searchable only)

Kroger

Meijer®

Sam's Club® (searchable only)

Trader Joe's

Whole Foods®

Walmart (searchable only)

New stores add their own lists all the time, so be sure and check frequently. Also, many gluten free sites maintain store and restaurant evaluations. This will show up in your search for the store. These sites may list a few items if the store does not have an individual list.

Find a Gluten Free Menu App

As with grocery stores, there are sites that evaluate restaurants on their gluten free menus, and their ability to respond to a gluten free request. Feel comfortable using them and check their guidelines. They may allow, or encourage you, to ask for a restaurant to be rated by their blog. There are many groups on Facebook, and apps on smart phones to help you find a Gluten Free restaurant. Most are free.

There are far more pages and apps than I know about. Here are a few I do know.

iPhone:

- Gluten Freed
- Find me GF

Facebook:

- Celiac Restaurant Guide
- Gluten Free Resource Directory
- Gluten Free Restaurant Guide

Twitter:

- Gluten Free Works
- GFDdoctor - Jean Layton

Gluten Free Restaurant Menus

This book will not link to specific restaurant lists, as they update and change links from time to time. This just gives a variety of what can be found.

And remember, when eating out, unintentional cross contamination is likely to occur.

In general, if want to find out about your local restaurant's gluten free menu, you have two major options:

1. In your favorite search engine type: Restaurant's Name and then Gluten Free Menu (Most are actually listed as an all allergy menu).
2. Ask to speak to the manager. They may or may not know of a gluten free menu.

Below is a partial list of restaurants that have an online gluten free menu. Most are downloadable as a PDF.

Applebee's®

Arby's TM

Bob Evans®

Cracker Barrel® (Not on their website. This was compiled in response to a celiac site requesting it from headquarters).

Dairy Queen®

Moe's®

Qdoba®

Red Lobster®

Taco Bell® (Not easy to read or download)

Wendy's®

New restaurants add their own lists all the time, so be sure and check frequently. Also, several celiac sites add new information on existing restaurants on a regular basis.

Potential Allergens

Apple (fructose)
Asparagus
Bacon
Bacon Bits (gluten, pork)
Bananas (fructose)
Barbecue Sauce (tomatoes, gluten, food dyes)
Beans
Beef
Beef Stock (gluten)
Bread (gluten)
Brown Sugar (diabetics)
Broccoli
Blackberries, (diverticulitis, fructose)
Blueberries (diverticulitis, fructose)
Brown sugar (diabetics)
Butter (lactose)
Cauliflower
Cereal (gluten)
Cheese
Chocolate chips
Chicken
Cinnamon
Clams
Cocoa powder (chocolate)
Cookies (gluten)
Corn
Cornbread (gluten)
Crab
Crackers (gluten)
Crumbs (gluten)
Dragon Beans
Eggs
Fish
Flour (gluten)
Gravy packet or can (gluten)
Green Beans
Ham (pork)
Honey (children, diabetics)
Ice cream (gluten, lactose)
Italian Dressing (gluten, spices)
Jam (diverticulitis, fructose, gluten)
Jelly (diverticulitis, fructose, gluten)
Ketchup (tomatoes)
Kidney Beans
Lemon Juice

Lettuce
Lobster
Milk (lactose)
Mackerel
Mayonnaise
Mushrooms
Mushroom Soup (gluten)
Mussels
Mustard
Noodles (gluten)
Nutmeg
Oatmeal (gluten)
Octopus
Onions
Orange raspberries (diverticulitis, fructose)
Oysters
Peach (fructose)
Peanut butter
Peanuts
Pecans
Pepper
Peppers
Pepperoni
Peppers
Pinto Beans
Pizza sauce (tomatoes)
Pork
Pork Stock (gluten, pork)
Potatoes
Powdered sugar (diabetics)
Relish (peppers)
Rice
Salt
Salmon
Sausage (gluten, spice)
Shrimp
Soft Taco Shells (gluten)
Soy Sauce (gluten)
Spaghetti Sauce (tomatoes)
Spices
Spinach
Squash
Squid
Sugar (diabetics)
Strawberries (diverticulitis, fructose)
Sweet Potato
Tomatoes
Tuna

Turkey
Turnips
Turnip Greens
Vanilla Flavor (gluten)
Vegetable Oil
Vinegar
Walnuts
Yogurt (lactose)
Zucchini

Recipe Remedies

Disclaimer: I am not a doctor. Check with your doctor if you think you are sick. These recipes are not an attempt to diagnose or treat any illness.

This section will list and link to recipes that help certain common conditions.

Low Blood Sugar

Low blood sounds like an oxymoron in today's society. Yet many people with chronic illnesses suffer from it. Even people with diabetes who accidentally take too much insulin may need an adjustment.

Sugar Water Recipe - For a sudden fall, sugar amount can be increased.

Peanut Butter Candy - Eat up to half a cup.

Low Salt

Another health concern many people don't realize exists. Generally, this occurs in three populations:

- The elderly who are on a strict no salt diet

- Those who exercise vigorously in high temperatures

- Chronic illnesses such as POTS (Postural Orthostatic Tachycardia Syndrome).

Sweating removes salt from the body. Salt is required for muscles and organs to work properly. Eating a non processed food diet, or a no salt diet, can cause the body to not retain enough salt. Generally, a dash of salt per dish is plenty. Verify with a doctor if you have concerns about average sodium levels.

After working and sweating outside in summer, an extra dash of salt is a good idea. Any lengthy time in temperatures above 90 degrees, that cause sweating, even with a fan. To regain lost salt, eat a naturally salty meal. The best recipes to increase salt temporarily are often fish recipes.

- Lobster Stew

- Shrimp Stir Fry

- Salt Water

Sore Throat

Commonly, sore throats are allergy and sinus drainage related. While waiting on an appointment, or if one dose of the following recipes does not help, check with a doctor.

- Apple and Ginger Ale Cider

- Apple and Tea Cider

Honey Lemon Tea

Hot Apple Whiskey Tea (Apple and Tea Cider with a tablespoon of whiskey)

Too Hot

Feeling warm is a good thing. Feeling too hot isn't. Actual body temperatures above 105 can be dangerous. Contact a doctor if body temperature rises above 105.

In general, to cool off try:

1. Taking shoes and sock off. If this doesn't work,
2. Place feet in cool water. If this doesn't work,
3. Eat sherbet or ice cream. If this doesn't work,
4. Try a frozen rice sock on your face, forehead, or feet. (See Rice Socks) If this doesn't work,
5. Try a cool, not cold bath. If this doesn't work,
6. Contact a doctor.

Interesting note: In some parts of the world, people add layers to sweat more and to cool off faster. Adding layers is generally not recommended in medical situations, or high environmental temperatures.

Sometimes, feeling too warm is a body's out of sync reaction to change, temperature, stress, or a full stomach. In this case, adding layers may add comfort, decreasing the feeling of overheating.

Rice Socks

1. Choose a knee length clean sock.
2. Sew closed any visible holes, except the top.
3. Fill with up to 2.5 pounds of dried rice. (If using on the neck, have your medical doctor clarify the weight you can use.)
4. Sew the hole at the top closed.

Rice socks can also be frozen to use in summer to cool down in a hurry.

Rice socks can be heated in a microwave for over a minute, and placed directly on sore muscles. Be careful, as it can burn the skin if too hot.

Too Cold

Many people scoff at the idea of being too cold, thinking they can always add more layers. After two or three layers, a person will actually feel colder.

Cold for people who have chronic illnesses is very dangerous. Skin that is cold to the touch is not normal. Hypothermia can occur regardless of environmental temperatures. In hypothermia, the body temperature drops below a healthy functioning temperature. Many common signs that are seen daily in office environments:

confusion, shivering, poor coordination, holding the arms close to the body, and frequent restroom breaks.

How to warm a too cold person up:

1. Add a heated blanket. Be cautious of burning numb skin.
2. Heat from the inside out. Drink very warm, not too hot tea.
3. Slight exercise to warm up the muscles. (Arm and ankle movements).
4. Increase food and warm liquid.
5. A warm bath.

Generally, alcohol is not recommended for hypothermia caused by being in the outdoor elements (it increases heat loss in the extremities). However, for some people, if their internal temperatures drop too low, and it is from being in a cold indoor environment (like cold offices), the only way to warm them up after all else has failed, may be a single alcoholic drink and a warm bed. If used in this way, limit to one alcoholic drink, and no more than one or two a month.

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Thank you for reading Allergy Free Vegetables. If you enjoyed it, please take a moment to leave me a review at your favorite online retailer and share it on social media.

Thanks!

Abby Brown

About the Author

Abby Brown began reading at far too young an age. Her preferred reading material was nonfiction, with biographies and science being at the forefront of her library excursions.

Her ability to memorize and use all the grammar rules in school years led to working in the school library while classmates caught up. All of those rules and diagramming sentences was easy and relaxing. For many years. All is forgotten now. Except the joyful memories of preparing the library for others to use.

As an adult, gardening and preparing the garden bounty was her way to relax. To think. To make (tasty) order out chaos. Even that is gone now. May you enjoy the recipes she has gathered over the decades.

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